

Highfield Award in Healthy Food and Special Diets Level 2



In a nutshell

This qualification will benefit anyone who prepares and serves food as it is designed to provide a basic understanding of nutrition and the requirements of special diets to enable the planning of well-balanced meals that have a positive impact on health.

This course is for...

This could include chefs, kitchen porters, waiting staff, health care workers and childminders.

Course content

The topics on this one-day qualification cover a wide range of skills, knowledge and understanding:

An outline of current nutritional guidelines for a healthy diet.

The impact diet has on health.

Food preparation techniques that maintain the nutritional value of food.



COURSE INFORMATION LEAFLET

How to plan and provide meals for those with special diets (including medical needs, allergies, vegans, vegetarians and diets for different faiths).

Learners will complete a multiple-choice exam.

Entry Requirements

There are no prerequisites for this qualification, although it is recommended that learners already hold a Level 2 Award in Food Safety or equivalent.

Additional information

This qualification is delivered on an employer's site for a group of their employees, not on campus for individuals to attend. Delivery dates are agreed in advance with the employer.

This is a one day course. A formal quote can be issued once we understand your training need but as a guide, we charge £475 (includes all training, feedback and marking) plus additional awarding body fees (circa £11 per learner).